



# 2017 - 2018 ANNUAL REPORT

## *Commitment to Seniors*





# A Letter from the Executive Director

It is our pleasure at Healthy Aging Association to present our Annual Report to the Community, for fiscal year 2017/2018, which ended June 30, 2018. The Healthy Aging Association ably serves older adults in Stanislaus County, a mission we have been dedicated to accomplishing for the past eighteen years.

Healthy Aging's "Young at Heart" program over the past ten years has increased from 879 participants to 1,447 participants, a 40% increase. Our "Go Green for Seniors" Green Bag Program has served 448 older adults with 35,540 pounds of fresh fruits and vegetables monthly at five sites in the county. We are extremely proud of the work we do and the innovative outcome-driven services that we provide to seniors.

Our hard-working staff and volunteers work throughout the County at numerous convenient locations – such as Senior Centers, Community Centers, Medical Facilities and Churches – to help seniors live healthier, more independent lives in their communities. Indeed, the Healthy Aging Association would not be able to accomplish all that we provide to older adults without the assistance of our 120 dedicated volunteers, who help us deliver our programs. We are forever indebted to these wonderful volunteers, who so selflessly give of their time and talent – a special thank you for each of you!

As always, we work hard to be good stewards of our resources with which we are entrusted. Our efforts have paid off as we finished this year. Staff and volunteers are working hard to keep up with the pace and increases in our programs. Again, we are grateful for the leadership and support by our Board of Directors and are equally appreciative of the community support we receive from our partners, donors, and volunteers.

We strongly believe in providing prevention, intervention, and wellness programs for seniors, who have contributed so much to our community through the years. We remain solution-focused, always looking for ways to build on individual and community strengths. In this report we share some highlights of our year as well as the positive impact our services are having throughout the county.

Serving seniors is an honor that we treasure. Today we are one of the largest senior service providers in Stanislaus County. We urge you to join with us to make a difference one person at a time and *"Invest in Aging."*

Sincerely,

Dianna L. Olsen, Executive Director

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Executive Director

**Samantha Borba, M.A.**

Fitness Program  
Manager

**Erlinda Bourcier, B.A.**

Senior Coalition  
Coordinator/  
Health Educator

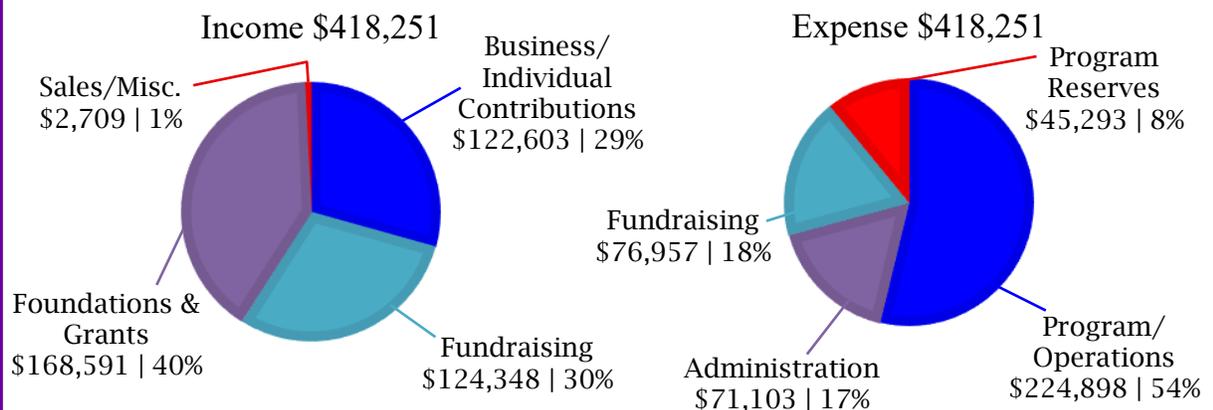
**Jessica Shupp, B.A.**

Fitness Program  
Coordinator

**Jonathan Denney, B.A.**

Fitness Program  
Assistant

## 2017 - 2018 Financial Overview



# Young at Heart Fall Prevention Fitness Classes

**The Challenge:** An older adult falls every second of the day and falls are the number one cause of hip fractures.

**Young at Heart Strength Training:** Builds strength, increases flexibility, improves balance & mobility and reduces the risk of falling.

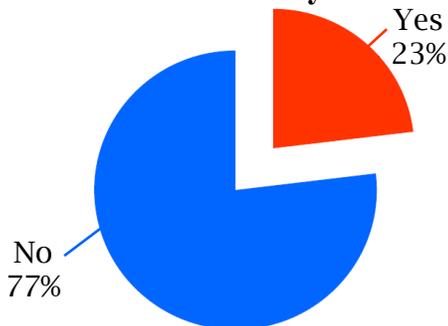
- 1,447 Unduplicated Participants.
- Strength Training, Low Impact Aerobics and Tai Chi
- Community Based (35 Locations).
- 65% of the participants have been in program for 2 or more years.



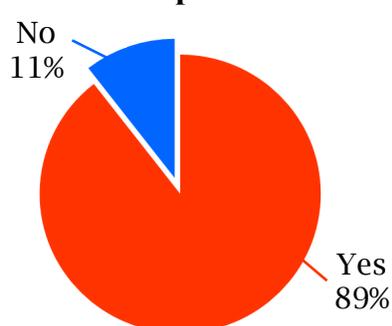
## Annual participant surveys showed the following improvements

- 71% of the participants stated an improvement in lower body strength since participating in Young at Heart.
- 60% of the participants showed improvement in upper body flexibility since attending the Young at Heart program.
- 64% of the participants showed improvements in their balance since participating in Young at Heart.
- 37% of the participants stated that they have better posture since attending Young at Heart.
- 45% of the participants stated that they have more energy since attending Young at Heart.

**Participants that had a fall in the last year**



**Has your overall mental health improved?**



Elaine (76) had experienced a heart attack and had undergone carotid artery surgery when she was told by her diabetic counselor to attend the Young at Heart class. Since joining the Young at Heart class at Kaiser Permanente, Elaine has felt more energetic throughout her day and better overall. She also mentioned, “My anxiety level has decreased since I started attending this class, my depression has improved, and I have noticed increased strength in my legs and improved balance.” Many seniors in our community, like Elaine, feel their life is enriched physically, mentally, and emotionally through the “Young at Heart” program.



## Senior Coalition of Stanislaus County



The Mission of the Senior Coalition; “To enhance the physical, mental, and social well-being, while reducing fall risk for seniors, and persons with disabilities in Stanislaus County, in a collaborative community effect through advocacy, education, coordinated services and best practices for independence”.

If you are interested in learning more about or joining the Senior Coalition, please call (209)525-4670 or e-mail [seniorcoalition@gmail.com](mailto:seniorcoalition@gmail.com) or visit our website at: [www.seniorcoalitionofstanislaus.org](http://www.seniorcoalitionofstanislaus.org).

[#STANDWITHSENIORS](https://twitter.com/STANDWITHSENIORS)

# Go Green for Seniors - Green Bag Program

Provides low income seniors who are at least 60 years of age or disabled, nutrition education, light exercise, and fresh produce from Second Harvest Food Bank to support healthy aging.

**448 Unduplicated Participants | 35,540 pounds of produce distributed**

5 Locations - 2 in Modesto, Grayson/Patterson, Oakdale, and Riverbank  
86% of the participants stated that they have increased their consumption of fresh produce since attending the program



After Louis (81) retired from his job, he realized he needed a way to add fresh fruits and vegetables in his diet. Louis said, "Having more fruits and veggies makes me have a better diet and the information we receive is really good". He enjoys bringing his wife to the program because it is important to learn new information about eating better and exercising. Stories like Louis' reveal that a positive attitude toward learning can help us eat right and be active, ultimately increasing our quality of life.

## A Matter of Balance

An evidence based program designed to reduce the fear of falling and increase physical activity levels of those who have concerns about falls.

**89 Unduplicated Participants | 7 Classes Offered**

100% of the participants feel more comfortable talking with others about their fears of falling and are comfortable increasing their physical activity.

90% of the participants have made changes to their environment because of the class.

## Young at Heart S.T.E.P.S.

Participants can walk around their neighborhood, at the park, in the Vintage Faire Mall or at one of our designated routes in Modesto and Ceres.

Participants earn incentives for miles walked, motivational emails, and are invited to a brunch provided by Casa de Modesto.

**83 Unduplicated Participants | 17,648.50 Miles Walked**

## Healthy Aging & Fall Prevention Summit

The 16th annual event was held on October 20, 2017. The event offers free health screenings, education, and fall prevention resources and home modifications for older adults and caregivers.

Over **1,100** Attendees

Provided **1,295** Screenings

Balance Screenings

Blood Pressure

Bone Density

Cholesterol

Depression

Diabetes

Foot Care

Senior Fitness Tests

Skin Health Assessments

Vision

Video Otoscopy and

Flu/Pneumonia Shots

### Summit Partners

Healthy Aging Association

Kaiser Permanente

Area Agency on Aging

### Major Sponsors

Central Valley Medical Group

E. & J. Gallo Winery

El Rio and The Park

Novo Nordisk

Second Harvest Food Bank

## THANK YOU TO OUR PROGRAM SPONSORS



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**Healthy Aging Association**

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Donations  
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Thank  
you for  
investing  
in aging!